

# Gold #3C

Offer nutrition education in the school dining room and in the classroom, with coordination between school food service staff and teachers.



**Definition:** To complete this criterion nutrition education must be taught in the classroom and the dinning room. The dinning room is especially effective because it provides the opportunity for hands on learning.

**Rationale:** Teaching nutrition education in both places helps ensure that healthy practices are being taught as well as practiced. The Surgeon General's call to Action to Prevent and Decrease Overweight and obesity encourages school personnel to collaborate together. The report encourages health education to help students develop the knowledge, attitudes, skills, and behaviors to adopt and maintain healthy eating habits.<sup>1</sup>

1. United States Department of Health and Human Services, *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, 2001

## Resources

Utah State Office of Education: Child Nutrition  
Cafeteria Connections

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801-538-7563

*Changing the Scene*  
A Guide to Local Action

Pages 24-25

Health Ed Core Curriculum

[http://www.schools.utah.gov/curr/pe\\_health/core.html](http://www.schools.utah.gov/curr/pe_health/core.html)

Classroom Resources

[http://www.dole5aday.com/Teachers/T\\_Index.jsp](http://www.dole5aday.com/Teachers/T_Index.jsp)

# Assignments

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## School Coordinator Assignments

- Ensure that teachers teach the Health Education core curriculum in their classrooms, [http://www.schools.utah.gov/curr/pe\\_health/core.html](http://www.schools.utah.gov/curr/pe_health/core.html)
- Ensure that nutrition education is also being offered in the dinning room
  - Resources such as Cafeteria Connections can be used to teach nutrition education in the dinning room. For more information about Cafeteria Connections see Criteria Menu #7

## Mentor Assignments

- Provide school coordinator with ideas/resources for teachers to use for nutrition education
- Write a description for the mid-year and end-year reports

# Gold #3C Ideas

- Incorporate healthy fruit and veggie books into classroom lessons.
  - Math - Expose kids to fractions and measurement through a delicious vegetable garden, in the book, "Inchworm and a Half" by Elinor J. Pinczes
  - Language Arts - Find rich vocabulary in the book, "Still Life Stew" by Helena Clare Pittman
  - Social Studies - Share an American biography of John Chapman, "The Story of Johnny Appleseed"
- Hang Fruits & Veggies – More Matters® posters in the dinning room and around the school, <http://www.pbhcatalog.com/>
- **Hold a Trivia Contest**
  - **How it works:** Each day when you do announcements include a nutrition trivia question. The first student to write down the correct answer and turn it into the office wins a small prize (pencil, eraser, magnet, extra recess time, coupon to skip one assignment, etc) promoting nutrition. The answer would then be announced during the following day's announcements for all to hear.
  - **Preparation:** Write several nutrition based questions and answers (See page 7 for questions and answers). Small prizes appropriate for all ages should be gathered, preferably prizes promoting good health and nutrition. Sample trivia questions are included at the end of this section.
  - For further ideas check out [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org), <http://www.bam.gov/>
- **Conduct Taste Tests**
  - **How it works:** Once a week, during National Nutrition Month in March, have the cafeteria set up a taste-testing table. Each week try a healthy food that most of the students wouldn't typically be exposed to. Encourage the children to try the food and give feedback. If you are interested, supply a form for them to fill out after tasting. A sample form is included at the end of this section.
  - **Preparation:** Contact local grocery stores or farmers' markets as soon as possible about providing samples. Advertise taste testing with posters or announcements the week leading up to the event. Local businesses may be willing to donate food so get them involved. Gather supplies for sampling: cups, utensils, napkins, etc.
    - Ideas for foods to sample: Artichoke, asparagus, blood orange, cactus pear, couscous, eggplant, fresh pineapple, guava, humus, kiwifruit, kumquat, mango, nectarine, parsnip, plantain banana, polenta, quinoa, spaghetti squash, star fruit. See preparation tips on page 11.
    - Suggested serving methods are included on page 10.
- **Decorate the Cafeteria**
  - **How it works:** Put up posters encouraging good nutrition and physical activity in the areas where children eat. Have teachers discuss information on posters and signs during class time. Teachers can ask questions and offer incentives to those students who read the posters and know the answers.
  - **Preparation:** Order supplies well in advance. Posters available at <http://teamnutrition.usda.gov/foodservice.html> and [www.pbhcatalog.com](http://www.pbhcatalog.com)

- **Hold a Poster Contest**
  - **How it works:** Each class creates their own poster going along with the theme of National Nutrition Month. After posters are judged, the winning class is given a special table in the cafeteria with tablecloths and decorations during lunch the next day. Be sure to display all posters in the cafeteria during the National Nutrition Month.
  - **Preparation:** Gather supplies needed to make posters. Set up contest rules and distribute to all teachers.
- **Have a “Lucky Sticker Day”**
  - **How it works:** As students come to the end of the line with their food, have someone there ask them to check for any lucky stickers. Those whose items have the lucky sticker on the bottom win a small prize for making healthy choices for their lunch.
  - **Preparation:** Place a few stickers on the bottom of healthy choices on the menu. Gather small prizes for those students who chose the healthy snacks marked with the lucky sticker.
- **Have a Bulletin Board Contest**
  - **How it works:** Have each class design and put up a bulletin board outside their classroom with the theme of “Get a taste for nutrition”. Have students and faculty vote for their favorites. Announce the winners and award them with an afternoon of games or a movie.
  - **Preparation:** Gather supplies needed to make bulletin boards.



# Nutrition Education Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

## **The description must include...**

- ☐ A description of what methods are used to teach nutrition in the classroom
- ☐ A description of what methods are used to teach nutrition in the dining room

# Nutrition Education Description

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Green Meadow Elementary teachers teach nutrition in the classroom using the health education core curriculum standards and objectives appropriate to their grade.

Nutrition is taught in the cafeteria by spotlighting a different fruit or vegetable each month. A bulletin board outside of the cafeteria was used to spotlight the fruit or vegetable of the month. At the beginning of each month a picture of the fruit or vegetable was placed on the bulletin board surrounded by facts about the fruit or vegetable, including the nutrients that fruit or vegetable provided. On the first Wednesday of the month the cafeteria provided a sample of the spotlighted fruit or vegetable in the cafeteria for students to sample.

## Spotlighted Fruits and Vegetables

September: Star Fruit

October: Artichoke

November: Squash

December: Blood Orange

January: Cactus Pear

February: Asparagus

March: Guava

April: Quinoa

May: Kumquat

# Trivia Questions



## Healthy Eating Trivia

Q: How many combined servings of fruits and vegetable should you eat everyday?

A: At least 5 servings (2 fruit + 3 vegetable = 5 servings)

Q: Which contains less fat, skim milk or whole milk?

A: Skim milk

Q: Which food groups provide lots of fiber?

A: The grain group (bread, cereal, rice, and pasta), fruit group, and vegetable group

Q: One piece of bread is how many servings in the grain group?

A: One

Q: How many servings of dairy should you get each day?

A: 2-3 servings

Q: Which important vitamins and minerals do you get from the dairy group?

A: Calcium and Vitamin D

Q: What important nutrient do you get from the meat group?

A: protein



## Supermarket Trivia

Q: When you dry a grape what do you get?

A: a raisin

Q: Name one dried fruit that you can buy at the supermarket?

A: dried apricots, dried apples, raisins, dried cranberries, dried cherries, etc.

Q: What is the only vegetable that is only sold fresh? It is never canned, dried, or frozen?

A: Lettuce

Q: True or False: The average supermarket carries well over 200 fruits and vegetables in its fresh produce department.

A: True

Q: When was the first supermarket opened?

A: 1930 in New York City (closest guess wins)

Q: Name a fruit or vegetable you can buy in a can.

A: Peaches, corn, green beans, peas, etc.



## Fruit Trivia

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Q: True or False: There are more than 10 different types of apples.

A: True

Q: True or False: Bananas are grown in the U.S.

A: False bananas only grow in tropical climates close to the equator.

Q: Which fruit was given its name because it looked like a pinecone?

A: Pineapple

Q: What fruit is used to make wine, juice, and raisins?

A: Grapes

Q: What state makes the most grapes in the U.S. –California, New Mexico, or Arizona?

A: California

Q: This fruit is a great source of potassium, which helps your muscles work.

A: A Banana

Q: Which is the sweetest citrus fruit: grapefruit or orange?

A: Orange

Q: Do oranges grow on trees or on vines?

A: Trees

Q: Which state produces more oranges each year – Florida or California?

A: Florida



## Vegetable Trivia

Q: Name a vegetable juice.

A: Tomato, carrot, etc.

Q: True or False: A potato is a vegetable.

A: True

Q: Name a red vegetable.

A: Beets, red bell peppers, radishes, red onions, red leaf lettuce, etc.

Q: How many kernels does the average ear of corn have?

A: 800 kernels - arranged in 16 rows (closest wins)

Q: What vegetable has the highest water content?

A: Lettuce, it's about 94% water

Q: True or False: Yams and sweet potatoes are the same thing.

A: False, even though they look similar and are used in the same way.



## Vitamin and Mineral Trivia

Q: True or False: Vitamin C helps keep your body from getting sick.

A: True

Q: What is a good source of Vitamin C?

A: Oranges, almost any citrus fruit

Q: True or False: Milk is a good source of Calcium.

A: True

Q: Name a food with a lot of vitamin A.

A: Carrots, pumpkins, sweet potato, spinach, liver

Q: Why does our body need Vitamin A?

A: For vision and healthy skin



## What Am I? Trivia

Q: I'm an orange vegetable that is good for your eyesight. What am I?

A: A carrot

Q: I'm round and white and I'm great in tacos, on hamburgers, or in pasta sauce, but sometimes I can make you cry. What am I?

A: An onion

Q: I'm green on the outside, red or pink on the inside, and sometime have lots of black seeds. What am I?

A: A watermelon

Q: I'm an orange potato that grows in the south. I'm an excellent source of Vitamin A. What am I?

A: A sweet potato

Q: I'm a fruit that is brown on the outside and green on the inside. I'm named after a bird native to New Zealand. I contain very small black seeds. What am I?

A: A kiwifruit

Q: I'm red with a single large seed in the middle. I grow on trees. What am I?

A: A cherry

Q: I'm the world's most popular fruit. You can't eat my skin or my seed. I'm very sweet. What am I?

A: A mango

Q: I am a yellow citrus fruit that is very sour! What am I?

A: A lemon



# Taste Testing Survey

Grade\_\_\_\_\_ Food Item\_\_\_\_\_

Have you eaten this food before?

☐ Yes ☐ No If yes, how often? \_\_\_\_\_

Did you like this food?

☐ Yes ☐ No If no, why not? \_\_\_\_\_

Would you eat this food if it were prepared another way?

☐ Yes ☐ No

Would you like this food to be served as a part of school lunch?

☐ Yes ☐ No If yes, how often?\_\_\_\_\_

## Fruit and Vegetable Preparation Ideas



### **Artichoke**

Wash under running water; pull off first row of petals. Cut stem to 1 inch or less. Snip off tips of petals. Cook by boiling steaming, microwaving, or sautéing.

### **Asparagus**

Steam lightly



### **Blood Orange**

Cut into slices and serve

### **Cactus Pear**

Cut into slices and serve



### **Couscous**

Instant couscous is prepared by adding boiling water while stirring quickly and letting stand 4-5 minutes, fluff and serve like rice.

### **Eggplant**

Slice and place on skewers, then grill



### **Fresh Pineapple**

Slice and serve

### **Guava**

Skin and seeds are edible. Try cooked or raw.

### **Humus**

Serve with slices of pita bread



### **Kiwifruit**

Slice and serve

### **Kumquat**

Although somewhat tart, kumquats are completely edible. Peeling is not necessary.



### **Mango**

Mangos must be peeled. Section and serve

### **Nectarine**

Slice and serve



### **Parsnip**

Parsnips are generally cooked and may be served as a side dish. Try lightly seasoning and baking until soft.

**Plantain Banana**

When greenish-yellow and still firm, the plantain may be cooked like a potato and served as a side dish.

**Polenta**

Bring 3 cups of water to a boil. Combine polenta with 1-cup cold water and 1-teaspoon salt. Stir into boiling water and cook, stirring frequently, for about 10 minutes. Pour into a sheet pan and refrigerate until firm, slice and serve.

**Quinoa**

Rinse thoroughly, use 2 parts liquid 1 part quinoa. Bring to a boil, reduce to a simmer, cover and cook 15 minutes, until clear.

**Spaghetti Squash**

Slice in half and place in dish with 1 inch of water. Cover and cook for 20 minutes, until soft. Slice and serve.

**Star Fruit**

Slice clockwise into stars and serve.